

SOUTHWEST POOL



January 3rd - March 26, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Early Morning Lap Swim* 5:45-7:15am		Early Morning Lap Swim* 5:45-7:15am		
Adult/Senior Swim— 3 lanes 11:00 - 12:30pm						Lap Swim 3 lanes 9:30-10:30am
Group Lessons 12:30-2:00pm No Spa & Sauna	Adult/Senior Swim— 3 lanes Noon—1:30pm	Adult/Senior Swim— 3 lanes Noon—1:30pm	Adult/Senior Swim— 3 lanes Noon—1:30pm	Adult/Senior Swim— 3 lanes Noon—1:30pm	Adult/Senior Swim— 3 lanes Noon—1:30pm	Group Lessons 10:30-Noon No Spa & Sauna
Family Swim 2:00-3:00pm	Deep/Shallow Fusion 1:30-2:15 pm	Gentle Fitness 1:30-2:15 pm	Deep/Shallow Fusion 1:30-2:15 pm	Gentle Fitness 1:30-2:15 pm	Deep/Shallow Fusion 1:30-2:15 pm	Lap Swim 3 lanes Noon-1:00pm
Special Populations Lessons 3:00-4:00pm	Personal Lessons 2:30-3pm	Personal Lessons 2:30-3pm	Afternoon Group Lessons 2:30-3pm	Personal Lessons 2:30-3pm	Afternoon Group Lessons 2:30-3pm	Public Swim 1:00-2:00pm
Public Swim 4:00-5:00pm	Lap Swim & Personal Lessons 3:00-4:00p	Teen Lessons 3:00-4:00pm	Lap Swim & Personal Lessons 3:00-4:00p	Middle School OST Program 3:00-4:00pm	Family & Lap Swim 3:00-4:00pm	Women's Public Swim 2:30-3:30pm (Females Age 12+)
Lap Swim 3 Lanes 5:00-6:00pm	Group Lessons 4:00-5:30pm No Spa & Sauna	Lessons & Comp Stroke 4:00-5:00pm	Group Lessons 4:00-5:30pm No Spa & Sauna	Lessons & Comp Stroke 4:00-5:00pm	Personal Lessons 4-4:30pm	Women's only Group Lessons 3:30-4:00pm
	Lap Swim & Masters Workout 5:30-6:30pm	Lap Swim 3 Lanes 5:00-6:00pm	Lap Swim & Masters Workout 5:30-6:30pm	Lap Swim 3 Lanes 5:00-6:00pm	Public Swim 4:30-5:30pm	
	Group Lessons 6:30-7:30pm No Spa & Sauna	Group Lessons 6:00-7:30pm No Spa & Sauna	Group Lessons 6:30-7:30pm No Spa & Sauna	Group Lessons 6:00-7:30pm No Spa & Sauna	Lap Swim & Masters Workout 5:30-7:00pm	
	Public Swim (shallow end only) 7:30-8:30pm Deep Water Ex 7:30-8:15	Public Swim 7:30-8:30pm	Public Swim (shallow end only) 7:30-8:30pm Deep Water Ex 7:30-8:15pm	Public Swim 7:30-8:30pm	Family Swim 7:00-8:00pm	
		Shallow WX 8:30-9:15pm		Shallow WX 8:30-9:15pm		

Closures: Monday, January 16th and Monday, February 20th

Swim Meet Closure: Closed 3-6pm January 6th and January 20th

For more information go to seattle.gov/parks or call 206-684-7440

SOUTHWEST POOL—Winter 2017

SOUTHWEST POOL



SOUTHWEST POOL

WWW.SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

PROFESSIONAL STAFF:

Caroline Marshall – Aquatic Center Coordinator

Erin Bruce – Assistant Aquatic Center Coordinator

Winter HOURS OF OPERATION:

Monday & Wednesday Noon-8:30 pm

Tuesday & Thursday Noon-9:30 pm

Friday Noon-8 pm

Saturday 9:30-3:30pm

Sunday 11 am-6 pm

Closed: January 16th and February 20th for holidays

FEES

RECREATIONAL SWIM PRICES:

Children under 1 Free

Youth (Age 1-17) \$3.75

Adult (Ages 18-64) \$5.50

Senior Adults (Ages 65+) \$3.75

Special Populations \$3.75

FITNESS SWIM PRICES:

Adult Fitness \$6.00

Youth/Senior/Special Populations \$4.00

OTHER FEES:

"Just a Shower" \$5.25

Towel Rental \$0.50

Coin-Operated Lockers \$0.25

SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 2-3 weeks for approval)

Discount Recreation \$2.00

Discount Fitness \$3.00

DISCOUNT QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. More than 10 can be loaded at same discount rate.

Recreational Swim Pass

(Minimum 10 visits)

Youth (Age 1-17) \$33.50

Special Population \$33.50

Adult (Ages 18-64) \$50.00

Senior Adults (Ages 65+) \$33.50

30 day FAST Pass

(Unlimited use for rec/fitness)

Youth (Age 1-17) \$45.00

Special Population \$45.00

Adult (Ages 18-64) \$60.00

Senior Adults (Ages 65+) \$45.00

Fitness Swim Passes

(Minimum 10 visits)

Youth (Age 1-17) \$35.00

Special Population \$35.00

Adult (Ages 18-64) \$60.00

Senior Adults (Ages 65+) \$35.00



RECREATIONAL SWIM

Women's Swimming: Single gender swimming opportunities for women who because of cultural, personal or religious reasons cannot swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. Females age 12+ only. Call for details on swimming lessons and recreational swim times.

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons. *Exact change or Quick card required for Early Morning Lap Swim.

Masters Workout: This coached workout is designed for anyone looking for a lap swimming focused training program. Masters is a great cross-training opportunity.

Family Swim: This is a recreational swim time for families. A parent/guardian 18 or older (in a swimsuit) must accompany youth younger than 18 into the water.

Public Swim: This is a recreational swim for swimmers of all ages. Children under 6, and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

FITNESS PROGRAMS (No Sauna & Spa access)

Gentle Fitness: Set to music, this shallow water exercise class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. Participants will work on building strength and increasing balance using the resistance of the water. This is a great class for those with arthritis and other joint conditions associated with age or injury. It is also a great class for pregnant women and people trying to manage their weight. All ages are welcome!

Deep/Shallow Fusion: Mix it up and enjoy either end of the pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high-energy water exercises. Spice up your fitness routine and splash your way to a healthier body. No swimming ability required to participate in the shallow end; participants in the deep end will use flotation equipment.

Shallow Water Exercise: A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Deep Water Exercise: This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.